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Maine Running Vol. 4 No. 2 February 1983

Robert E. Booker

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Vol. 4, No. 2

MAINE Running

THIRD ANNUAL EDITION



MAINE'S RUNNERS OF THE YEAR

\$1.50

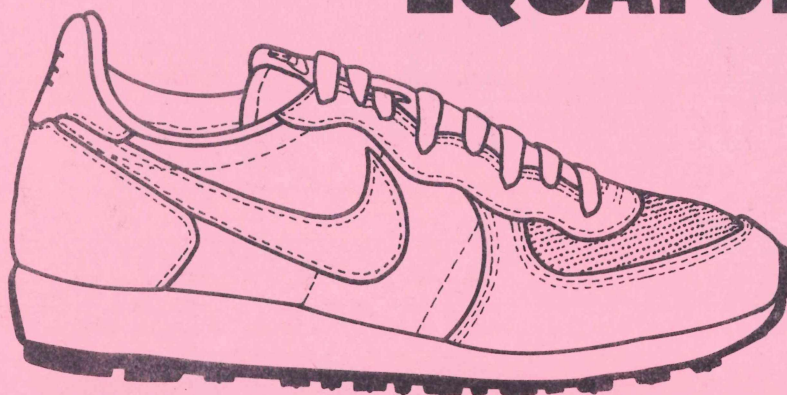


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MAINE Running

P.O. Box 259, E. Holden, Me. 04429

Here it is our 3rd Annual Edition of Maine Running. Don't go looking for the first annual because there is none. But, I couldn't see calling this the 2nd Annual as it marks the end of three years of publication. This is our 36th issue; next month we begin our 4th year of service to the running community of Maine.

People look forward to the February issue to get the yearly calendar. This year we list 89 races (compared to last years 66). We know that there are approximately 250 races in the state during the year, but I believe these are for the most part the cream. If a race director goes out of his or her way to notify a publication months in advance of their event, they must care.

Larry Allen has once again taken a very long time and a great deal of patience to come up with the Maine Running Runner's of the Year and the lists of the top 10K and Marathon runners in the state. We're proud to once again crowd Joanie and Hank as the state's finest road racers for the second consecutive year.

I hope you all find something here you like. Now on to the fourth year of Maine Running!



Maine Running is published monthly at Bangor.

Editor: Robert Booker
PO Box 259
E. Holden, Me. 04429

Telephone: 843-6262

Cover photo by Ed Rice

1983 CALENDAR 2-6

The most complete State of Maine calendar ever presented. Some dates and times are subject to change.

1982 IN REVIEW 7-14

Larry Allen's fine work over statistics he garnered from the past 12 issues of Maine Running. A job well done!

AND IN THE REST OF THE WORLD 15-16

Bill Peabody continues his monthly column about Maine runners who run outside the state.

THE ADDICT 16-17

Sci-Fi author, Don Wismer, lets us know the tell-tale signs of going over the brink.

RUNNING THE NEW YEAR IN 17-18

Brenda LoPetro shares her experience in the Big Apple with us. She avoided being run down by wild horses.

FRACHELLA ON SHEEHAN 18-19

Frachella's faith in the good doctor is rekindled when he learns that George wants to get strong.

MAINE'S FINEST: HANK PFEIFLE 20-23

the Podgajny's, Marge and Steve sent a nice tribute to Hank in that's most appropriate at this time of year.

LETTERS 23

CLUB NEWS 24-31

Most of the clubs are here with all kinds of new year news. New officers, and new ideas for the future.

THE PACK 32-33



February

1983

- 5 No-Big-Deal Athletic Attic 5 Miler. 8:30 a.m. at the Bangor Mall. Hot Drinks and Gift Certificates. Contact: Skip Howard at 947-6880
- 6 GREATER BOSTON TC TRACK MEET AT HARVARD. Entry info from Greater Boston TC, 90 Hampshire St., Cambridge, MA 02139
- 6 MID-WINTER CLASSIC. 10 miler at noon at SMVTI. Contact: Bob Payne 655-4156 MTC EVENT
- 6 SRI CHINMOY INSPIRATION MARATHON. 8:00 a.m. from Winnacunnet High School, Hampton, N.H. Contact: Bipin Larkin, 150-47, 87th Ave., Jamaica, N.Y. 11432
- 12 2ND ANNUAL WILD KATAHDIN TRUST SNOW RUN. 11:00 a.m. from Katahdin High School, Sherman Station, Maine. 5 big ones. Contact: Loren Ritchie or Barry McLaughlin, Katahdin High School, Sherman Station 04777 or call 365-4218
- 19 FROST BITE 5K. 11:00 a.m. from Skowhegan Area High School. \$4.00 in advance; \$5 the day of race. Contact: Dollars For Scholars, Skowhegan Area High School, Skowhegan, Me. 04976
- 20 THE SPRUCE MOUNTAIN CHAMPIONSHIPS. 10K Cross-country Ski Race Livermore Falls, Maine. Contact: Bob Miller, Heritage Road, PO Box 22, Livermore Falls, Me. 04254 or call 897-3191 \$3
- 20 DEMERS TRACK GLASSIC. 9:00 a.m. at Bates College Fieldhouse Open divisions \$2; Master's 1500 free; youth events \$.25. Must be TAC member. Contact: John P. Lafreniere, Box 1562, Lewiston Me. 04240

March

- 12 FROSTBITE RUN AGAINST MS. 10:00 a.m. at Ellsworth High School 3.5 miles. \$4.00 Contact: MS Society, PO Box 417, Ellsworth, Me. 04605 See flyer
- 13 SHAMROCK SPECIAL. 4 miler from the Kerryman Pub in Saco Contact: Don & Peggy Wilson. MSRC EVENT
- 20 THE GREAT DOWNEAST MAINE MARATHON AND HALF MARATHON. 10:30 from the Ramada Inn, Bangor, Me. \$5.00. Contact: Mickey Lackey, 470 Birch St., Apt 2, Bangor, Me. 04401 See flyer
- 26 MAINE MILK RUN. 5 Miles from SMVTI, So. Portland Contact: Marj Lalime, 67 Violette Ave., Waterville, Me. 04901 MTC EVENT
- 27 BOSTON PRIMER & RACE OF UNDISCLOSED DISTANCE. 11:00 a.m. start for both the 15 miler and the shorter race. \$3. Starts at Maranacook Community School in Readfield. Contact Ray Giglio 623-3473 MRR EVENT

April

- 9 FT. WESTERN TWOSOME & OPEN 5 MILE ROAD RACE. At Ft. Western Tire in Augusta. \$3 individual; \$5 twosome. Contact: Barbara Godfrey at 622-6268 or 622-7734 at home. Benefit Jimmy Fund. MRR EVENT
- 10 WEBBER HOSPITAL RUN. Saturday night clinics. 1 and 5 milers. Biddeford. Contact: Dick Roberge, 110 Union Ave. Old Orchard Beach Me. 04064

- 16 DAPPER DAN'S DELI DASH. 3 miler in Ocean Park. Contact: Dick Roberge at above address.
- 21 54TH ANNUAL PORTLAND BOYS' CLUB 5 MILE. 12 noon from 277 Cumberland Ave., Portland, Me. 04101 \$3 pre; \$4 post. Contact: Dave Paul at this address or call 773-0231 or 774-4089 MTC EVENT
- 21 BOSTON MARATHON
- 23 APRIL AMBLE. Tentative date for traditional Westbrook College 4 Mile. Contact: Robert Hodgson.
- 24 SHOP'N SAVE 10K. Rte. 25, Gorham. Rumor at this stage.
- 30 CHINA 10K CLASSIC. 10:30 a.m. Contact: Kevin Purcell, PO Box 148, So. China, Me. 04358.
- 30 10TH ANNUAL MAD WITCH HALF MARATHON. Contact: Brewer Parks & Rec. 203 State St. Brewer, Me. 04412 or call 989-5199 ask for Rick Coyne.

May

- 1 TERRY FOX BENEFIT RACES (Tentative sites: Bangor, Ellsworth, Kennebunk Beach and Caribou) More later.
- 1 BOB RICE MEMORIAL 10K. USM in Portland. Contact: John Keller 772-0069
- 7 BRUNSWICK ROTARY ROAD RACE. 10:00 a.m. from Brunswick Jr. High. 10K Contact: Brian M. Perkins, 163 Park Row, Brunswick, Me. 04011 or call 725-4327 \$3
- 7 ATHLETIC ATTIC ROAD RACE. Distance may change. Wait for further word.
- 8 BIDDEFORD 15 MILER. Contact: Bruce Brunelle, 31 Herring Ext., Biddeford, Me. 04005 MSRC EVENT
- 15 WGAN 4 MILE. North Port Plaza, Washington Ave., Portland, Contact: Dave Silverbrand 797-9330. Date Tentative! MTC EVENT
- 29 MAINE COAST MARATHON. Maine's Largest! Kennebunk to Biddeford Contact: Dick Roberge (address above) MSRC EVENT
- 30 MEMORIAL DAY 5 MILER. Gorham H.S. Contact: Butch Towle 839-5949

June

- 4 3RD ANNUAL ZONTA 5 MILER. Colby College in Waterville. Contact: Marj Lalime (address above)
- 4 OFFICER FRIENDLY RUN. So. Portland. Contact: Bob Coughlin 773-0807
- 11 UNION TRUST 4 MILER. Ellsworth. 1½ miler for the kids. Contact: Peter Reilly, Union Trust Co., Ellsworth, Me. 04605
- 12 BENEFIT RUN FOR SPECIAL OLYMPICS. 1:00 2 miler; 2:00 5 miler. \$3. Contact: Jack Mercier at 283-3611 ext 377
- 18 HAMPDEN 8½ MILER. Contact: Skip Howard, PO Box 562, Bangor, Me. 04401
- 19 MAINE-LY LADIES. 4 Miles in Old Orchard Beach. Contact: Jeanne Berthiaume, 4 Mountain View Rd., N. Waterboro, Me. 04061 MSRC EVENT
- 24 DOC'S TAVERN. 3 Miler in Biddeford. Contact: Mike Gendron MSRC EVENT

- 25 GREAT CRANBERRY ISLAND 5K Contact: Larry Allen, 470 Birch St., Apt 2, Bangor, Me. 04401 DS EVENT
- 25-26 BETHEL INN 10K and Half Marathon. (club championship) Contact: Dick McFaul MTC EVENT
- 26 GREAT KENNEBEC RIVER RUN. Certified half marathon from Kennebec Valley YMCA, Augusta. 8:00 a.m. 2 mile fun run too. Contact: Russell Martin at 622-1258 MRR EVENT

July

- 2 GARDINER COMMON ROAD RACE. 8:00 a.m. 5 miler at Gardiner Common. \$3, \$2 for each additional family member. Contact: Greg Nelson at 582-5607 MRR EVENT
- 4 L.L. BEAN 10K. Freeport Contact: Thad Dwyer at 865-4761 ext 525 MTC EVENT
- 4 GREATER BANGOR FOURTH OF JULY 3K. Brewer Auditorium to Downtown Bangor. State's fastest road race. All down hill. Contact: Bob Booker, PO Box 259, E. Holden, Me. 04429 DS EVENT
- 4 WISCASSET WATERFRONT INDEPENDENCE DAY 5K. 3 p.m. \$1. Contact: Wiscasset Rec. Dept., Municipal Building, Wiscasset, Me. 04578 882-7533
- 4 OLYMPIA SPORT CENTER. 5 miles from Riley Field, Eastern Prom. in Portland.
- 10 BREAKWATER TO BREAKWATER. 6.7 miles from Pine Point to Camp Ellis Contact: Guy LaFlamme MSRC EVENT
- 15 TLC DAY CARE BENEFIT RUN 3 MILER. Kimball Health Center, Saco Contact: Liz Moulin, 8 Colonial Dr., Saco, Me. 04072
- 16 PAUL BUNYAN MARATHON. Maine's oldest! Contact: Bangor Chamber of Commerce
- 16 PAT'S PIZZA CLASSIC. 9 a.m. from 11 East Elm St., Yarmouth. 5 miles \$5, \$7 day of race. Contact Westley Rothermel, 95 Exchange St., Portland, Me. 04101
- 24 JOHN FYALKA MEMORIAL HALF MARATHON. 7:30 a.m. from the Expo in Portland Contact: Charles Scribner 772-5781 MTC EVENT
- 30 St. Mary's Festival Run 3 MILER. Biddeford Contact: Joel Croteau

August

- 31-5 5TH ANNUAL MAINE RUNNING CAMP. UMO campus. With Andy Palmer and Michelle Hallett. Contact: Bob Booker, PO Box 259, E. Holden, Me. 04429 843-6262
- 6 CARROLL REED 3 MILER. 9:00 a.m. from Free St. Contact: Arnie Clark 985-3167 MTC EVENT
- 6 COUNTY BANK CLASSIC. 9 a.m. from Gouldville Elem. School in Presque Isle. 5 miles \$4 Contact: Dave Rand, R2, Box 385#, Presque Isle, Me. 04769 or call 455-4850 after 5:30.
- 6 LOVELL ROAD RACE. 10:00 a.m. 1 mile fun run Contact: Kevin McDonald, Lovell, Me.

- 7 MAINE SEAFOODS FESTIVAL ROAD RACE. 7:45 for kid's race; 8:30 for 10K \$4.50 pre; \$5.50 post; \$1 for kids race. Contact: Ken Sylvester 594-7035
- 7 T.A.C. STATE CHAMPIONSHIP 5K. 18 and under Hills Beach HILLS BEACH "BY THE SEA" 3 mile open road race. Contact: Steve Mooney MSRC EVENTS
- 13 LIFE SPORTS SCHOODIC POINT 15K ROAD RACE. 8:30 a.m. \$6 Contact: Tom Severance 963-5579 or Al Groh 963-7428 or 422-6747 at work Register by Aug 10.
- 14 WINTHROP LIONS ROAD RACES. 9.08 & 4 miles from the American Legion Hall in Winthrop. Contact: George Maxim 377-8407 MRR EVENT
- 27 NORTHEAST HARBOR 5 MILE. 10 a.m. from NE Harbor Fire Co. \$3 Contact: NE Harbor Fire Co., NE Harbor, Me. 04662 276-5111
- 28 SOUTH PORTLAND BOYS' CLUB 10K. 10 a.m. \$3 pre; \$4 post Contact: SP Boys' Club, 169 Broadway, So. Portland, Me. 04106 or call Slim Lee 767-3559 or Dave Paul 774-4089
- 21* GOOD SPORTS RUN TO THE COAST AND BACK. 10 miler Contact: Rob Jarratt, 3 Pleasant St., Brunswick, Me. 04011
- 27-28 WELLS BEACH FESTIVAL WEEK END. 10K on the 27th; 15K on the 28th Contact: Wells Rec. Comm. c/o R.A. LaFramboise, RR #3, Box 530, Wells, Maine 04090

September

- 3 2ND ANNUAL BATH ELKS LABOR DAY CLASSIC. 9:30 a.m. 5 miler and 2 mile fun run \$3 pre; \$4 post Contact: Russell Hatch, 44 Front St., Bath, Me. 04530 443-3411 or 443-2230
- 5 LABOR DAY 10K. 9 a.m. from Gorham High. Contact: Mike Towle 799-5125 MTC EVENT
- 5 BANGOR LABOR DAY ROAD RACE. 5 miles. Contact: Bob Booker, PO Box 259, E. Holden, Me. 04429 843-6262 DS EVENT
- 10 3RD ANNUAL JONESPORT 5 MILER & 1 MILE FUN RUN. 11 a.m. from Jonesport Volunteer Amb. Building \$3 pre; \$3.50 post for 5 mile. \$1.50 pre and \$2.00 post for fun run. Contact: Dave Alley 497-2843
- 11 VILLAGE CAFE HALF MARATHON MTC EVENT
- 11 BIDDEFORD ATHLETIC ASSOC. 3 MILER. Contact: Don Croteau
- 24 COMMON GROUND COUNTRY FAIR. Contact: Skip Howard (address above)
- 24 KINGFIELD 10K. Contact: Chip Carey, Sugarloaf USA, Kingfield, Me.
- 25 KINGFIELD UPHILL RUN. Same as above.
- 25 JAMES BAILEY CO. 1.5 MILE CHILDREN'S X-C Run. 12:00 Hill Gym USM at Gorham
- 25 JAMES BAILEY CO. 10th Annual X-C Run 5 MILE. Same as above. Contact: Dave Paul 159 Glenwood Ave., Portland, Me. 04103

October

- 2 PEN BAY PACERS CLASSIC. 5 mile road race. Contact: Sterling LaBlanc
- 2 GREAT AMERICAN DREAM. 1½ & 5 miler Old Orchard Beach
- 8 UMA CROSS-COUNTRY RACES. 2.5 and 5 Miles using Univ of Maine at
Augusta Fitness trails. Contact: Greg Nelson 582-5607
- 10 FARMINGTON ELKS #2430 COLUMBUS DAY 5K ROAD RACE. 10:30 a.m. from
Farmington Elks Lodge \$3.50 pre; \$4.50 post Contact: Dan Cor-
coran, c/o Farmington Elks Lodge, Box 526, West Farmington, Me. 04992
- 16 CASCO BAY MARATHON. Maine's fastest!
- 23 GREAT PUMPKIN 10K. 1½ mile fun run. Saco Contact: Bob LaNigra
- 30 BENJAMIN'S 10K. Maine's fastest! Contact: Larry Allen (address
at June 25)

November

- 6 5TH ANNUAL VETERAN'S MEMORIAL ROAD RACE. 1 p.m. 2 mile X-country
fun run at 12:15 p.m. \$3.50 for 4.5 miler; 50¢ for fun run.
Contact: Wiscasset Rec. 882-7533.
- 6 FALMOUTH LIONS 5.3. Contact: Jerry Caruso
- 11 VETERANS DAY ROAD RACES. Half marathon and 5K. Hodgkins School
Augusta. Contact: Greg Nelson MRR EVENT
- 20 CAPE ELIZABETH TURKEY TROT. 5.8 miles at Cape High. Contact
Werner Pobatschnig 774-2216
- 24 GASPING GOBBLER ROAD RACE. Certified 10K and 2 mile at Augusta
Civic Center. Contact: Cliff Fletcher at 724-3403 or 622-4766
at work MRR EVENT
- 26 THANKSGIVING HOLIDAY CLASSIC. 11:00 a.m. from Portland Expo
\$2 pre, \$3 post. 4 miler Contact: George Towle, 17 Thomas
St. Portland, Me. 04102 or call 773-8634

NOTE NOTE NOTE NOTE NOTE NOTE NOTE NOTE NOTE NOTE NOTE NOTE NOTE NOTE NOTE NOTE

This list is the most complete available anywhere at this time. There are many races that do not appear on it, because the race directors failed to inform me by the deadline. Each month in the magazine I print two months calendars and feature numerous flyers. The best way you can be sure of the right date and time is to buy MR each month.

MSRC stands for Marathon Sports Running Club out of Saco. Contact: Steve Mooney, 54 Scammon St., Saco, Me. for any of that clubs events.

MTC stands for the Maine Track Club of Portland. Contact: Herb Strom, 164 Fowler Rd., Cape Elizabeth, Me. 04107 for any of that clubs events.

DS stands for the Downeast Striders of Bangor. Contact: Norj Ahrens, 24 Parkview, Bangor, Me. 04401 for any of that clubs events.

MRR stands for the Maine Road Ramblers of Augusta. Contact: Greg Nelson or Kevin Purcell at PO Box 264, Augusta, Me. 04330

The Woods Runners can be notified by writing Loren Ritchie, Box 201, Patten, Me. 04765

The Pen Bay Pacers can be reached through 14 Melrose Circle, Rockland, Me. 04841

The Androscoggin RC can be communicated with through PO Box 83, Poland, Me. 04273 or PO Box 382, Auburn, Me. 04210

The Joggnauts are at Box 373, Crouseville, Me. 04738 and the Central Maine Striders pick up mail at PO Box 1177, Waterville, Me. 04901

The Rowdies receive mail by way of Charlie Gordon, 309 Maine St., Brunswick, Me. 04011 That's no guarantee that he'll read it though!

1982

It sounds like a scratched record - but it keeps on keeping on - running in Maine is better and better and better. We've got more runners (28% more); more races (32% more); new good races i.e. Schoodic 15K, Rockland's Samoset 5 Miler and more. The big races are bigger and better i.e. Kingfield, Benjamin's and Maine Coast all grew and improved in quality. The competition is tougher, if you didn't run faster in your favorite race you lost places over the previous year.

The Maine world class crew is growing and getting faster. Palmer PR at 10K; Pfeifle PR at 10K and marathon; Benoit US records in various distances including 10 miles and marathon and PR's in others; Sam Pelletier joined the crowd with a 2:16 at Philadelphia; Mike Gaige got faster with a 30:01 10K; Ken Flanders kept it going with a fast 10 miler (50:43) at Good Sports.

Some of the times run in Maine this past year are nothing short of amazing. Bickford ran a 28:25 PR 10K and lost!! Karen Dunn ran a 2:41:07 marathon (her 1st); Joanie ran a world class race in Maine (maybe her first), a 32:43 10K. Gone are the days of the cheap win in Maine! You can't hide, even at the races like the Lee Marathon 10K (6th annual May 30, 1983). See you on the roads in 83.

THE MAINE LINE

by Larry Allen

The 10K and marathon remain the most popular road distances in Maine and the U.S. This past year 3799 runners participated in 10K's in Maine. They were given 23 chances to try for a PR statewide. The 10K scene was highlighted by 3 big races. September in Kingfield saw 450 runners try for a new best on a very sticky day - Bruce Bickford edged Andy Palmer. October brought 2 big races a week apart in separate ends of the state - first, Dean and Mark Kimball led 400 runners in the Great Pumpkin 10K in Saco. Karen Dunn returned to Maine to take the state record from Joan Benoit, only to lose it a week later at Benjamin's 10K. Maine's largest, and fastest 10K had 630 runners led by a national if not world class field. Greg Meyer edged Bruce Bickford in a thrilling finish to record the 6th fastest 10K ever run by an American. Joan Benoit ran an amazing 32:43, a full 2 minutes ahead of short-lived Maine record holder Karen Dunn.

Surprisingly, the total number of participants remained about constant in the 10K and marathon statewide despite rapid growth in the number of runners at other various distances.

Marathoning in Maine is always tricky, the weather is always as unpredictable as the depth and size of the fields.

March saw a beautiful day for Maine's smallest marathon. The Iceberg had 20 finishers plus 40 or 50 others on a training run for one thing or another.

May brought a foggy, misty, rainy memorial day weekend in southern coastal sections and warm sticky weather elsewhere. The Maine Coast marathon runners didn't mind about the weather in other parts of New England, because it was nearly ideal on race day. Lisa Muller out ran Maine's top 2 resident female marathoners, Kim Beaulieu and Marge Podgajny, as she ran a state record 2:52:25 and Gary Wallace ran a good 2:25 to break a strong pack of sub 2:30 runners. Maine's largest marathon had 701 finishers.

July brought predictable HOT, steamy, miserable weather for Bunyan weekend. The day before the race was repressive, the day after was worse. In fact, about 12 noon on race day it wasn't very pleasant either, but from the 6 a.m. start til 9:00 or 9:30 a.m. it wasn't bad! A friendly overcast kept the humidity and heat down to reasonable levels. Low enough to allow Henri Bouchard to run off to a course record 2:25:50 and Karen Dunn to stun everyone with a 2:41:07 state record in her debut marathon.

October is always nice except on Casco Bay weekend. It seems in years past it has been hot, hotter or more windy than any day in the month should be. This year was no exception, just a variation. It was nice and cool, but sunny and with a brisk headwind from 15 to the finish. Especially around the boulevard. Bob Winn didn't let it bother him much as he ran a 2:23, "on a training run for Ocean State". His time was the fastest in Maine for the year. Kim Beaulieu stormed around Baxter Boulevard, despite the wind, to record a PR 2:52.

We've listed those men under 33:00 for 10K, women under 42:00 and for the marathon we've included men under 2:35 and women under 3:30. These include all times run by Maine runners in-or-out of state (if we knew of it) and all times run by any runner in Maine during the past year.

10K MEN

1. Greg Meyer	28:23	26. Peter Millard	31:39
2. Bruce Bickford	28:25	27. Ralph Fletcher	31:40
3. Andy Palmer	29:04	27. Bruce Ellis	31:40
4. Bob Hodge	29:05	28. Peter Brigham	31:46
5. Hank Pfeifle	29:16	29. Gerry Clapper	31:47
6. Sam Pelletier	29:20	30. John Keller	31:48
7. Mike Gage	30:01	31. Tony Bates	31:56
8. Tim Donovan	30:13	32. Danny Paul	31:59
9. Jim Miller	30:18	33. Robert Everett	32:00
10. Kurt Lauenstein	30:19	34. Hank Chipman	32:03
11. Paul Hammond	30:20	35. Jim Newett	32:15
12. Tony Quinn	30:24	36. Bill Solomine	32:18
13. Ken Flanders	30:40	37. George Towle	32:25
14. Dean Kimball	30:42	38. Tom Leonard	32:33
15. Steve Podgajny	30:43	39. Paul Plissey	32:35
16. Kim Wettlaufer	30:45	40. Greg Parlin	32:36
17. Mark Kimball	30:46	41. Leo Lachance	32:41
18. Rob Day	30:49	42. Peter Bottomly	32:44
19. Jamie Goodberlet	30:51	43. Chris Holt	32:47
20. Kevin Retelle	30:56	44. Steve Russell	32:48
21. Jim Crawford	31:00	45. Seanum O'Sullivan	32:51
22. John Bunnell	31:16	46. Marlin Conrad	32:52
23. Fred Doyle	31:17	47. Chris Bovie	32:53
24. Doug Ingersoll	31:20	48. Bill Hine	32:54
		49. Pat Bickford	32:54
		50. Larry Deans	32:55

Last year only 38 were under 33:00!

10K WOMEN

1. Joan Benoit	32:36	25. Jeannie Cole	39:55
2. Karen Dunn	34:53	26. Jane Palmer	39:56
3. Michelle Hallett	35:07	27. Becky Snow	39:59
4. Marge Podgajny	36:05	28. Kathy Northrop	40:03
5. Jane Welzel	36:05	29. Dalyne Divino	40:14
6. Kim Beaulieu	36:45	30. Barbara Plank	40:24
7. Marcia Dowling	36:46	31. Cindy Lambert	40:31
8. Robin Emery	36:50	32. Delinda Smith	40:39
9. Karen McCann	37:30	33. Carol Roy	40:41
10. Hope Saltmarsh	37:31	34. Christie Baldwin	40:47
11. Paula Meyer	37:45	35. Lori Michaud	40:48
12. Melanie Holter	37:49	36. Maggie Johnson	40:48
13. Mary Bart	38:04	37. Robin Robinson	41:03
14. Diane Fournier	38:14	38. Carol McElwee	41:11
15. Jane Parsons	38:24	39. Anita Bagley	41:14
16. Carolyn Kidder	38:48	40. Marci Laite	41:17
17. Ruth McCurran	38:51	41. Joanie Rhoda	41:17
18. Jeannie Lewis	38:58	42. Sue Ertha	41:18
19. Cerily Wilson	39:11	43. Natalie Buzzell	41:25
20. Martha Ring	39:27	44. Kathy Hillgrove	41:32
21. Suzanne Beck	39:28	45. Laurel Kowalski	41:42
22. Kathy Kohtala	39:34	46. Kathy Reinersten	41:48
23. Jo Comeau	39:49	47. Evelyn King	41:48
24. Carolyn Court	39:48	48. Janet MacColl	41:52

Last year only 39 women under 42:00!

MARATHON MEN

1. Sam Pelletier	2:16:30	19. Ed Hurlow	2:28:27
2. Hank Pfeifle	2:16:41	20. Brian Kuprewicz	2:30:21
3. Andy Palmer	2:17:20	21. Joseph Sullivan	2:30:47
4. Kurt Lauenstein	2:20:51	22. Doug Bissett	2:30:53
5. Steve Podgajny	2:21:10	23. Greg DiBiase	2:31:15
6. Bob Winn	2:23:43	24. Dan Paul	2:31:21
7. Gary Wallace	2:25:38	25. Steve LaVorgia	2:31:22
8. Henri Bouchard	2:25:50	26. Elisha Pierce	2:32:17
9. Bill Pike	2:26:31	27. Ray Nelson	2:32:20
10. Rob Hurlbutt	2:26:47	28. Ken Botting	2:32:30
11. Peter Millard	2:26:51	29. Rock Green	2:33:00
12. William Slocombe	2:26:53	30. Bill Hine	2:33:12
13. Michael Gagne	2:27:06	31. Robert Wilson	2:33:33
14. Richard Gates	2:27:16	32. Greg Parlin	2:33:36
15. John Murphy	2:27:21	33. John Byslewzcz	2:34:06
16. Hank Chipman	2:27:43	34. Gene Coffin	2:34:29
17. O.J. Logue III	2:28:10	35. Joe Dinan	2:34:29
18. Leo Lachance	2:28:10	36. Mike Gaige	2:35:00

Last year 42 under 2:40. This year cut-off moved up to 2:35 and still 36 made it. Many more between 2:35 and 2:40.

MARATHON WOMEN

1. Joan Benoit	2:26:11	18. Madeline Butcher	3:15:21
2. Karen Dunn	2:41:07	19. Joanie Rhoda	3:16:18
3. Marge Podgajny	2:47	20. Betsy Barry	3:17:41
4. Lisa Muller	2:52:25	21. Cathy Heffernan	3:18:22
5. Kim Beaulieu	2:52:59	22. Lynn Hughes	3:18:32
6. Diane Fournier	2:58:19	23. Paula Wirta	3:19:26
7. Nancy Bell	2:59:31	24. Dorothy Helling	3:19:30
8. Anne Marie Davee	3:04:57	25. Beth Allen	3:19:36
9. Betsy Grant	3:04:56	26. Laura London	3:19:37
10. Dorsey Kleitz	3:05:58	27. Robin Carlson	3:20:59
11. Linda Sprague	3:08:18	28. Kim Leonard	3:21:14
12. Constance Kimball	3:10:21	29. Deborah Sawyer	3:21:38
13. Deborah Desantis	3:11:09	30. Karen Moreen	3:23:12
14. Carol Roy	3:11:16	31. Lynne Barlow	3:24:13
15. Barbara Plank	3:12:27	32. Michelle Giordori	3:25:05
16. Mary Anderson	3:14:35	33. Christa Curtis	3:27:20
17. Jo Comeau	3:14:50	34. Sue Collins	3:29:21

Last year only 25 were under 3:30!

MAINE Running Awards

In January of 1981, Bob Booker and I decided that the best runners from Maine were not being adequately recognized. We decided to create a scoring system by which we could identify and award:

- 1) The Best Overall Distance Runners from Maine (male and female)
- 2) The Best Single Performance (1 race) by a Maine male and female runner

RESIDENCY

Always a tricky problem, we decided to deal with it on an individual basis. A few of our notable decisions of residency include Andy Palmer, Sammy Pelletier, Steve and Marge Podgajny, Joan Benoit, Bruce Bickford, Kurt Lauenstein and of course Hank Pfeifle. All are considered Maine runners by the general public and we also consider them as such.

SCORING SYSTEM

The scoring system is based upon computer generated tables published in Computerized Running Training Programs by J.B. Gardiner and J.G. Purdy and is available to the public for \$8.50 from Track and Field News, Box 296, Los Altos, CA.

The computer tables are listed in 10 point increments from 0-1150 points in all distances. Men's world record performances are generally from 1050-1070 point level and women's world record performances are generally from 850-880 point level.

An example of a 0 point level is an 8:43 mile. A 4 hour marathon is worth 240 points. A 3½ hour marathon is worth 380 points, a 3 hour marathon - 550 points, a 2:50 marathon is worth 620 points, etc...

The same tables are used for men and women, so the top women's scores will not be as high as the top men's scores (I think). However, this does not indicate that the men's outstanding performance is any better than the women's outstanding performance. Both should be taken on their own merits against others of the same sex.

AWARD SYSTEM

Eligibility for the award for the best overall distance runner from Maine requires that 4 criteria be met within the previous calendar year:

- 1) a 10K time
- 2) a marathon time
- 3) a middle distance of your choice from (15K, 10 miles, 20k, half-marathon, 15 mile, or 25k)
- 4) any distance of your choice, including track races, metric distances, another 10K or marathon.

These 4 races will be assigned point values from the computer tables and totaled. The runner with the highest total point value will be declared the Maine Runner of the Year - indicative of the best overall distance runner from Maine for a given year.

The award for the best single performance of the year can also be of any distance including track races, metric distances, or any other distance in even miles.

The performance which scores the highest single point level will earn the Maine Running Outstanding Performance Award.

The 1982 Maine Runner of the Year Awards have been earned by Hank Pfeifle and Joan Benoit - both have had an outstanding year in 1982 and we are proud to present the awards to these fine runners for the second consecutive year.

The 1982 Maine Running Outstanding Performance Awards have been earned once again by Bruce Bickford for his 28:23 10K at the Benjamin's 10K in October and by Joan Benoit for her U.S. record performance at the marathon distance (2:26:11) in Oregon in September.

RUNNER OF THE YEAR

- | | |
|-----------------------------|--|
| 1. Hank Pfeifle | 1. Joan Benoit, U.S. Runner of the Year* |
| 1) 29:16 10K Exeter 950 | 1) 32:36 10K Boston 780 |
| 2) 2:16:41 Orange Bowl 940 | 2) 2:26:11 Nike OTC 840 American |
| 3) 1:04:37 Phila ½ Mara 970 | 3) 53:16 Bob Crim 10M 810 Records |
| 4) 60:41 20K New Haven 970 | 4) 36:38 Falmouth 7.1M 820 |
| 3830 pts. | 3130 pts. |
| 2. Sam Pelletier | 2. Marge Podgajny |
| 1) 29:20 Philly 10K 940 | 1) 36:59 Ottawa (split) 600 |
| 2) 2:16:30 Philly Ind 950 | 2) 2:47 Rocket City 630 |
| 3) 1:04:32 Philly Half 960 | 3) 1:22:08 Portland 250 610 |
| 4) 40:26 8.4 miler 940 | 4) 17:06 Hill's Bch 3 M 590 |
| 3800 pts. | 2430 pts. |
| 3. Andy Palmer | 3. Kim Beaulieu |
| 1) 29:04 Exeter 10K 960 | 1) 36:45 Bonnie Bell 610 |
| 2) 2:17:20 Nike OTC 930 | 2) 2:52:59 Casco Bay 610 |
| 3) 50:17 Sugarloaf 10M 890 | 3) 64:14 Good Sports 550 |
| 4) 29:09 Newton 10K 960 | 4) 29:39 Somoset 5 M 590 |
| 3740 pts. | 2360 pts. |

4. Steve Podgajny		
1) 30:43 Bob Rice 10K	870	
2) 2:21:10 Boston	900	
3) 50:33 New Jersey 10M	890	
4) 24:00 Boston 5M	890	
	<u>3550</u>	

5. Michael Gaige		
1) 30:01 Exeter 10K	910	
2) 2:35 NY City M	750	
3) 1:08:36 Bar Harbor ½	880	
4) 46:51 Schoodic 15K	890	
	<u>3430</u>	

6. Henri Bouchard		
1) 31:36 L.L. Bean 10K	830	
2) 2:25:50 Bunyan	840	
3) 1:05:48 Elks 20K	850	
4) 15:07 Terry Fox 5K	830	
	<u>3350</u>	

4. Diane Fournier		
1) 38:14 Osprey 10K	550	
2) 2:58:19 Casco Bay	570	
3) 1:25:43 Elks Half M	550	
4) 17:58 Hills Beach 3M	570	
	<u>2240</u>	



OUTSTANDING PERFORMANCE

1. Bruce Bickford	28:25	Benamins 10K	1000 pts
2. Hank Pfeifle	60:41	New Haven 20K	970 pts
3. Sam Pelletier	1:04:32	Philadelphia Half Marathon	970 pts
4. Andy Palmer	29:04	Exeter 10K	960 pts
5. Mike Gaige	30:01	Exeter 10K	910 pts
6. Kurt Lauenstein	2:20:51	Boston Marathon	910 pts
7. Steve Podgajny	2:21:10	Boston Marathon	900 pts
8. Paul Hammond	30:20	Benjamin's 10K	900 pts
9. Ken Flanders	50:43	Good Sports 10 Miler	880 pts
10. Bob Winn	2:23:43	Casco Bay Marathon	870 pts
1. Joan Benoit	2:26:11	Nike - OTC Marathon	840 pts
2. Jane Welzel*	57:41	Good Sports 10 Miler	670 pts
3. Michelle Hallett	35:07	Boston 10K	670 pts
4. Marge Podgajny	2:47:00	Rocket City Marathon	650 pts
5. Kim Beaulieu	2:52:59	Casco Bay Marathon	610 pts
6. Robin Emery	36:50	Benjamin's 10K	610 pts
7. Karen McCann	37:30	Benjamin's 10K	580 pts
8. Laurie Munson	62:30	Good Sports 10 Miler	580 pts
9. Stacy Prescott	62:40	Good Sports 10 Miler	580 pts
10. Jeannie Lewis	63:03	Good Sports 10 Miler	570 pts

*After consideration we've decided that Jane Welzel has raced enough in Maine in 82 to be considered for the top 10 performances by a Maine Runner.

Here are some interesting statistics Larry dug up from the pages of Maine Running & Nordic Skiing and Maine Running magazine. Remember if race directors do not send results in, it's awfully hard for us to include them in the magazine.

1979	77 races in Maine with 8144 participants
1980	95 races in Maine with 11363 participants
1981	137 races in Maine with 14498 participants
1982	175 races in Maine with 19232 participants

Here's a breakdown of races reported in Maine Running by month:

month	races in results	number of runners	number of races in calendar
Jan	1	28	4
Feb	3	147	3
Mar	6	449	7
Apr	7	1156	8
May	16	2384	26
Jun	17	2321	29
Jul	26	3759	32
Aug	29	2770	27
Sep	18	2231	21
Oct	13	2084	18
Nov	23	1903	25
Dec	-	-	-
Total	175	19,232	200



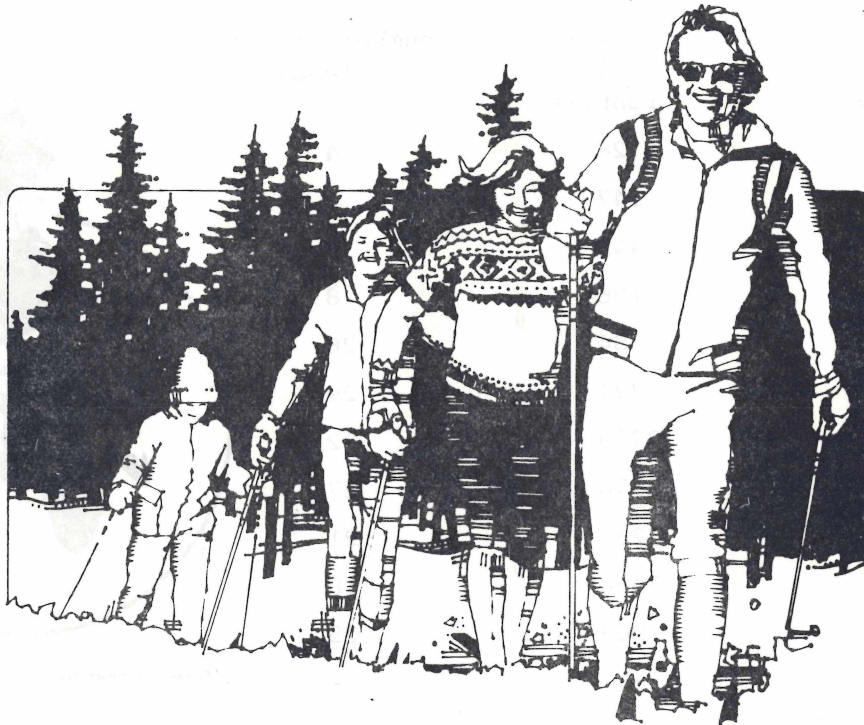
1982 saw a 28% increase in races with a 32% increase in participants over 1981

NATIONAL RANKINGS

In the latest issue of Runner magazine, many Maine people are mentioned among the elite of the world. With their system, runners are rated who participate in the 140 top races in the world. Benjamin's 10K is included in the elite races. In fact, the Bangor event is rated 30th best 10K in the world and one of only 7 annual New England events. Pretty good company! How did Maine runners fair in the 140 elite races? Joan Benoit was rated No. 1 in the world! Sammy Pelletier was rated 101st male; Bruce Bickford was 106th; Hank Pfeifle rated 127th and Andy Palmer came in at 173rd. That's not in New England, or even the U.S. That's in the world!!! Marge Podgajny was rated the world's 84th best female road racer.

Joan also got high ratings from Runner's World (3rd in the World) and Running Times (1st in the U.S. and 2nd in the World). How we gonna' keep 'em down on the farm...?

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Boy, was December a slow month! With cross-country over, road-racing down to a trickle, and the indoor season not due to start until January, there isn't much action to report. So I will just ramble on for a while. I hope you all find something worthwhile.

A few more details are available on the TAC National Cross Country Championships (Nov. 28, 1982). Paul Oparowski, a Bates College grad, finished 49th out of 274 with a time of 30:14. Paul, like Bruce Bickford, runs for the New Balance Track Club. NBTC wound up third in the team standings. It appears that the team scoring in the men's race was by total time of the five finishers rather than by points. The course itself sounds interesting. It was set up in the infield of the Meadowlands Race Track with four bulldozed hills and several hay bale "hurdles". Worse than those obstacles were the turns. The men had 27 turns of 90 degrees or more in 10 kilometers and the women had 18 in 5K. The whole thing was a Fred Lebow production as a trial run for the 1984 Worlds which New York is hosting.

Good news out of Boston. On January 7th, the BAA and Prudential announced that the Pru would maintain their relationship with the Boston Marathon, at least for 1983. The BAA will now have its own office at 150 Bolyston St. rather than in the Prudential Center and I believe applications are now available. The telephone number is (617) 227-3210 if you're in a hurry. There are rumors that runners will not have to qualify on time in the near future (1984?). Since the 1983 version is the official selection race for the U.S. Pan-Am and World Championship Marathon teams (men only) it should have a very high quality field. Unfortunately, the 1984 Olympic team will be chosen at the Buffalo International in May, so the '84 field may be sub-par. By the way, the women's World Championship team will be picked at the Avon Marathon, June 5th in Los Angeles.

The end of the year brings all kinds of rankings. My favorite is from Track and Field News. Why? Because they are detailed and world-wide in scope. The Women's track and field rankings were released in December and were dominated by the Communist Bloc Nations. Of the sixteen diciplines ranked, eleven East-erners were picked for the number one slot. East Germany had five; the Soviet Union, three; while Bulgaria, Poland, and Rumania had one each. Among the West-ern Nations; the U.S. had two and Greece, Sweden, and West Germany had one. The "two" from the U.S. were both Mary Decker Tabb in the 5,000 and 10,000 meters. It is interesting to note that the East Germans control the sprints (100, 200, 400 meters); the Soviets, the middle distances (800, 1,500, 3,000 meters); and and if Joan Benoit is ranked tops in the marathon, the U.S. will lead in the "non-Olympic" distance races. Joan, incidently was ranked tenth in the world (number three in the U.S.) in the 10,000 and was shown as the seventh U.S. per-former in the 5,000. Her 10,000 meter time reported last month (32:30.8) is tied for ninth best on the all time list, although it is not "official" as it was run on an oversized track.

One of the first big indoor meets is the Dartmouth Relays, which this year featured several top athletes and a world indoor record (Bob Weir, SMU and Great Britain, with a toss of 77' 6 3/4" in the 35 pound weight). A couple of Maine natives hit the win column. Joan Benoit won the 5,000 meters; her 15:50.34 was a meet record. Portland High alumnus, Peter Bogdanovitch, now of Brown University, took the shot put banging out a 55' throw. In addition, Laurie Bean of Bowdoin College grabbed third in the Open 3,000 meter run, finishing in 10:14.53.

In the "If You're Fast, You're Fast Department", Steve Scott, who produced a 3:47.69 mile - the #2 all-time mark, recently won a major 10K race in 28:45. I also just received my first bit of correspondence and that was to point out an error! The Bruce Bickford times reported last month as 3:53.55 mile and 8:20.67 two mile were actually 1,500 meter and 3,000 meter races. This information from Rick Krause. For those interested in conversions, that would be about a 4:10 mile and 8:55 two mile. Thanks Rick, as the first person to communicate, you win a free registration to the 1983 Good Sports 10 Miler compliments of yours truly.

THE ADDICT

by Donald Wismer
Winthrop, Maine

I first knew I was hooked when I went outside, and it was dark. Not only that, but there were stars.

It was a fine, early winter morning in Maine. 5:15 a.m. The sun was somewhere over the eastern edge, trying to claw up into the night. Hadn't made it yet, not even a little bit.

Orion stood like a jigsaw puzzle over the road, outlined by the greater blackness of trees on either side.

Hooked, I thought. Running in near-pitch blackness.

I saw a shooting star. In eight miles I saw one car.

Now these are the signs of hopeless running addiction, according to Wismer:

- 1) You actually get out of bed earlier than it takes to get to your job on time;
- 2) You find yourself running in utter darkness;
- 3) You realize that it's winter, and you're still running. With a sort of horrible thrill, you realize that you don't WANT to stop;
- 4) You go on a business trip to a big city, and rather than hit the night spots, you stick to your running schedule;
- 5) You go out of town for Thanksgiving, and STILL stick to your schedule, despite a certain heaviness around the belly.

There are others, of course. One I didn't mention because of the season, is: it's 99 degrees in the shade, and 90% humidity, and you run. Carefully, and with preparation, but you RUN!

Here's another: you subscribe to MAINE RUNNING. That's a sure sign!

And another: you spring \$45 for a pair of shoes!

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Peter Webber
SPORTS

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And:

You Stop drinking beer;

You bore your friends. Soon they're
your former friends;

You ask your boss for "flex time", so
that you can take hour and a half running
lunch breaks. He laughs;

You run in a race and nearly kill your-
self, and swear about a mile before the
finish that you'll never run again. Just
like a druggie on a second fix.

You've heard of runner's "high"? A
drug term, right?

The analogy extends further.

After all, aren't people who sell run-
ning equipment called "dealers"?

Can you think of further signs of
addiction? Send them in!

* * * * *

Donald Wismer is an internationally famous
science fiction writer (he has a cousin in
Canada), author of STARLUCK (Doubleday, 1982).
He lives in Winthrop, Maine.

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RUNNING THE NEW YEAR IN

by Brenda LoPetro
Winterport, Maine

New Year's Eve, New York City. The time
and place serve as a magnet to draw the
visitor to Times Square for the traditional
countdown to the new year. But we are runners.
We gravitate to the other side of town, to
Central Park for the Midnight Run. Along
with 3,000 others, my husband Bill and I
will celebrate the new year by running.

At 11 p.m. we jog to Tavern on the Green,
the start/finish of the five-mile race,
sponsored by the New York Road Runners Club,
The Runner and Brooks. The elegant stone
Tavern is surrounded by trees whose branches
and trunks glitter with strands of tiny white
lights. The pre-race excitement is unique.
The darkness of approaching midnight surrounds

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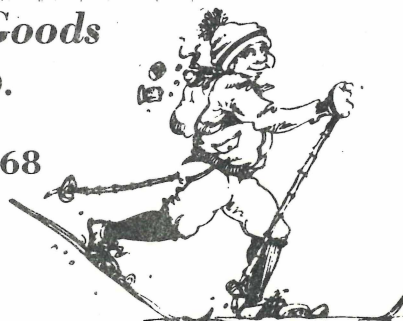
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and subdues us; the camaraderie of the crowd and the joy of the occasion elate us. The atmosphere is as effervescent as bubbly champagne.

Runners, most of them dressed for the gala occasion, gather around an area cordoned off for the costume contest. A Big Apple, of Red Delicious proportions with worm protruding, wins first place. Group entries are big: a taxi, a caterpillar, the five boroughs of New York linked by bridges. A tortoise, shivering in green tights topped by a stuffed cardboard carapace, accompanies a hare, toasty warm in a furry white bunny suit.

We line up for the start, near the Godfather in his white Mafia suit, Frankenstein in his black monster suit, and a man in a sweatsuit covered with multi-colored balloons. We will run this race, ending one year and beginning the next, together.

At midnight the race begins and fireworks explode, filling the sky with streams of light. A horse, frightened by the noise, bolts into the crowd, injuring several runners. The carriage driver manages to calm him, while we control emotions of pity for the horse and runners and anger at the driver for being in the middle of the race.

As we approach mile two a cacophony of fireworks explodes, and then we are in the quiet center of the park. Here, surrounded by trees, it is easy to forget we are in New York City until we look up and see its magnificent skyline.

Just before mile three is a champagne stop. No water, just champagne. We pause to toast the New Year and the city. Not once have we heard "Auld Lang Syne," but some spectators hum an inspiring rendition of "Chariots of Fire".

We run along the same blue line that marks the course of the New York City Marathon, past pretzel vendors and spectators shouting, "Happy New Year!" We turn right and see the glittering lights of Tavern on the Green. Can it be the end of the race? The finish line clock stimulates adrenalin, overcoming the impulse to slow down and savor the race longer. The race has ended. 1982 has ended. The first 37 minutes of 1983 have been well spent.

FRACHELLA ON SHEEHAN

by Dr. John Frachella
Hudson, Maine

I have long emulated Dr. George Sheehan as the High Priest of Running. When I first started running, I read everything I could get my hands on that was by him or about him. He was my guru, my superstar. Almost 7 years ago I wrote him a letter about a problem I was having with exercise induced asthma (EIA). Assuming that he would be too busy, I never expected a reply. Well, I got one, and within a week at that. Then, a year later he came to U.M.O. to give a talk to coaches and trainers and I seized my golden opportunity to shake the man's hand afterward. I couldn't believe it - he actually remembered me from my letter about the EIA (which incidently, he helped me to overcome).

After that, I saw the good doctor again and again. We even ran together in Boston after a talk he gave at a dental conference where he had introduced himself to about 2,000 dentists by saying, "Doctors, if you don't have a sport, you're wasting your life". My hero.

But as the years went by, I became less and less interested in running as "my sport" and I branched into other activities that I figured George Sheehan could never appreciate. Nonetheless, I kept up with his books and his articles because I still liked his literary style.

Within the past few years I began receiving a prestigious trade journal called The Physician and Sportsmedicine, in which Sheehan has a column called Running Wild, where he gets into things like, is there or is there not such a thing as a "Runner's High"?

But behold, in the December 1982 issue, George Sheehan diverts! "At birth we are generalistic," he says. "We insist on exploiting all our abilities... As time passes we become specialists. We constrict our interests and narrow our participation. We limit the expression of the self...This is the major indictment of distance runners!" I almost lost it. I went back to the beginning of the column and sure enough there was his name and even his picture. My heart began to beat quickly.

"Were we the children we were meant to be, we would enjoy all sports. Were we the generalists that we once were, we would delight in all the things the body loves to do and play the games that have withstood the test of time and progress.

"Running has made me a specialist. I am lean and hungry and have marvelous legs. I can run long and far, but I cannot do anything else. In attaining my level of running performance I have sacrificed other skills and development. I am a creature who is all legs. I have virtually no upper body. My arms are no more than sticks, with my biceps and triceps barely visible. I use my body from the waist up for only two purposes: breathing and balance.

"I am now incapable of participating in sports in which I was once proficient. And up until now I did not care - running was enough. But now I am not so sure... Is not the glory of God, man fully functioning - not merely running?

"The prominence given to the decathlon is one answer to this question. The winner of the decathlon is the hero of each Olympiad. Yet the decathlete is a person who is fairly good at everything but rarely exceptional at anything. The decathlete is mediocrity lived at its highest standard, the generalist raised to the highest level."

I was beside myself, was this really George Sheehan? No, a transformed man, I'm convinced. He ended like this, "I miss making an overhand smash in tennis and catching a pass for a touchdown in football. I know that swimming 2 miles in open water and sculling down a peaceful river provide blessings that are unique to those activities. I want once more to hit a five iron that holds the green, and then run down a 30-ft putt. I would like to cycle, sail, ski, lift weights, bowl, and do aerobic dance."

Spoken like the poet that he really is!

So the high priest of running has relinquished his throne to accept a position of even loftier acclaim. Ah, he's still my all time hero.



MAINES FINEST HANK PFEIFLE

by Marge and Steve Podgajny (This article first appeared in the Maine Sports Review)

When 1982 has officially ended one runner will stand above the rest; Hank Pfeifle of Kennebunk. From September of 1981 until September of 1982 Pfeifle set personal bests over every distance from 3,000 meters to the marathon. This running rampage ended only after an injury following the Philadelphia Distance Run (13.1 miles) in late September.

The 31 year old Industrial Engineer from Nike has not raced since Philadelphia where he ran a personal best of 1:04:37 for tenth place. Now nursing a bursitis problem in his left heel Pfeifle is bringing the same determination to his "recovery" that he has applied to his racing preparation. He is busy riding an exercise bike daily to the point of exhaustion for the bike and himself. Weight training is also being done regularly. Since running is out of the question he is swimming at a local inn in Kennebunkport. In observing his "recovery" period one gets the feeling of an athlete who will hardly miss a beat when he is able to return to the racing scene.

Pfeifle has had a long and consistent racing career. Unlike most elite runners he came to running at a relatively late age; that is to say he did not compete in high school. Nor did he compete for the first three years at the University of Vermont. At Phillips Andover Prep, Pfeifle was a skier pure and simple. He competed as a downhiller, cross country skier and as a jumper. At Vermont he continued to cross country ski and jump his first two years. The last two years

he dropped the jumping. It was in his senior year that he finally became a runner by joining the cross country team in preparation for the cross country season that really counted - skiing, of course!

A funning thing happened on the way; Pfeifle took over the number one spot on the team. After graduation in 1973 he spent a year in Rangley teaching what else? Cross country skiing. He continued to train and competed locally winning a race occassionally. In October 1974 he moved to Texas and met up with Jim Crawford, at the time one of the top middle distance runners in the United States. Crawford coincidently now works for Nike in Exeter, N.H. Crawford taught Pfeifle what it meant to train hard on the track. "He used to absolutely wipe me out in track workouts but as a result of those sessions I developed speed I never knew I had." It is no wonder that Crawford tired Pfeifle out as at the time he had 3:56 mile speed.

The Texas stay produced some good performances. In February 1975 Pfeifle ran 2:28:12 in his first marathon to finish third at White Rock. In May of that same year he ran 28:50 on the track to grab 6th in the United States Track and Field Federation championship in Wichita, Kansas. The 6th place finish earned Pfeifle All-American honors for the year.

In April of 1976 he left his job as a plant manager for a clothing manufacturer in Texas and went to work as a plant manager for Winwood Sportswear in Manchester New Hampshire. The period in New Hampshire was noteworthy for a couple of injuries that caused layoffs and for the 1978 Maple Leaf Half Marathon. Hank managed to win that race in a then PR 1:05:39 which ranked him 3rd in the United States for the year. It was an omen of things to come.

In April of 1979 he moved to Kennebunk and took his present position at Nike. From that point on his development has been steady and according to plan. Pfeifle started to revise his own expectations hoping that he could develop into an international level performer. He says now, "While living in New Hampshire, I still didn't know my body and what kind of training program it could handle. After starting work at Nike, I was able to run at lunchtime which enabled me to double. My mileage increased from an average of 60 miles per week to an average of about 85 miles per week. In 5 months I started to notice a significant improvement." His New Hampshire period was significant for one other reason - he discovered that stretching could help reduce the number of minor injuries which in turn affected his consistency in training.

Since coming to Nike he has also added weight workouts but he does these only during the winter. His training philosophy is simple: "I'm not a mileage freak. If you are consistent year after year the cumulative effect will help you become strong and capable of doing harder work." His current system includes a long run on Sundays of 15-18 miles at 6:15 pace along with hard runs on Tuesday and Thursday. The Tuesday and Thursday runs usually include a hill work-out of 5 x 1,000 yards on the roads. The pace is essentially race pace not all out. Of speed work he says, "I don't do anything too hard or fast, again I rely on the consistent week in and week out effort for my improvement."

Looking back over his career Pfeifle feels that the 1980 Boston Marathon was a turning point for him. He finished 21st in 2:20:34 but more importantly it showed him that, "I could run with the big boys." But it wasn't until September of 1981 that he was to truly hit his stride.

The Magnolia, Massachusettes 4.9 miler on September 3rd started the streak. Pfeifle toured that course in 23:12 for an easy win. Two weeks later he defeated Andy Palmer and Mike Gage at Kingfield over 10K in 29:29. In early October came

a strong performance at Freedom Trail in Boston (38:36 for 8 miles). He closed out the fall with a second place finish at the Marine Corps Marathon in Washington D.C. in a then PR of 2:17. He then captured the Cape Elizabeth Turkey Trot in 4:52 mile pace.

In December of 1981 he ran 8:03:4 for 3,000 meters indoors at the Boston University Invitational. It was a stunning time for the first indoor race of the season but more impressive for a "roadie". The time which equates to an 8:41 for two miles barely missed being listed as one of the top ten times for the entire season. Ending 1981 on that note Pfeifle had valid reasons to be excited.

1982 started off with two more PR's. The January Orange Bowl running series in Miami includes a 10K and a marathon 6 days apart. Pfeifle clocked 29:26 for a new best and then 6 days later ran another new best of 2:16:41 for the marathon. A nice way to start 1982!

Upon returning to Maine nagging injuries curtailed indoor track racing and training. All quality work was done outside but even this did not seem to handicap his performances. In mid March he ran what he calls, "the most satisfying race of my career", a 48:42 7th place finish at the star studded New Jersey 10 miler in Cherry Hill, N.J. He described the event as "a real race where I was in the hunt the whole way with the big boys". In April he decided to by-pass Boston saying at the time, "I don't need a marathon to slow me down right now". Instead he won a thriller on Patriot's Day over Ken Flanders in the Portland Boys Club 5 miler. The time, 23:36, was a new course record.

Injuries again forced him to miss some of his upcoming races and curtailed training. By June he was back on the beam placing third at the Shelter Island (Long Island, N.Y.) 10K in 29:56, a prestigious Nike sponsored event.

His racing exploits during the previous seven months had not gone unnoticed as the United States Olympic Committee invited him to represent the U.S.A. East team in the National Sports Festival held in July in Indianapolis.

Of his selection to the team Pfeifle said, "I was proud to have been selected. It's the first time that anyone ever picked me for a U.S. team; it's a real honor."

Pfeifle ran well in the marathon at the Sports Festival winning a Bronze Medal on a hot, humid day in 2:20:15 against the nation's best. Instead of sapping his strength Hank felt that the summer marathon made him tougher. It appeared that he was right as in late August he ran another personal record of 29:16 for 10K in Exeter, N.H. for 4th place among top runners again.

One week later he ran what he considers to be the best race of his life: the New Haven, Connecticut 20K (12.4 miles) among the cream of the road racing crop. It was the kind of a race perfectly suited to Pfeifle's racing philosophy: "go out with the leaders, hang on, don't be afraid to take risks as one of these days you'll hang on all the way". On that September day Hank held on a long time. Greg Meyer set a World Record for 20K that day in 58:23. Bill Rodgers placed third in a personal record and Hank Pfeifle earned a national ranking in Track and Field News of 8th fastest American male over the 20K distance for 1982. His 10K split was 29:40 and he maintained the pace to the finish with 60:42 at the tape.

Two weeks after New Haven at a 13.1 mile half marathon in Philadelphia where both World and American records were established Hank Pfeifle was injured. It was another personal record but for Hank it was the end of the 1982 racing season.

Hank's future plans include qualifying for the 1984 U.S. Olympic Trials in the marathon which should be easy for him.

LETTERS

Letter to Editor:

Dick Goodie
63 Revere St.
Portland, Me 04103

Sam Ouellet's article was terrific; it's the kinda stuff you can't find enough of.

Recently I read in a national magazine that it was the Hollywood stars who inspired the running craze.

Haaa! What a belly laugh!

Sam and Johnny Kelley were running marathons, setting the example, when most Hollywood "flowers of paradise" weren't big enough to urinate in their mother's tulips.

Let's see more from Sam.

Dick Goodie

(Ed. Note: Dick Goodie is about 1/3 way through a book on running in the 60's and 70's. Back when a twenty person (all male) field was a big race. I'll let you know when it's available.)

hi,

My subscription has lapsed, I'm sorry. Please keep it coming. The last copy I received was November so start me up with December.

I'm 23, in the Maine Track Club, still, even though I moved here to Hawaii in November '81.

Just ran? the Honolulu Marathon December 12th. Did 4:22:32, walked & jogged the last six. My PR is 3:17:00.

Joan Welch also of the MTC was over, she ran 3:56:?. I met two brothers from Bangor, think their name was Fay, they were planning on times around 3:00 - 3:15. Then met a guy from South China, Me. Jim Hogerty of Hawaii, formerly Augusta, Me. ran 3:57, he did a 3:25 in the '82 Casco Bay.

Aloha

Tom Peterson, Honolulu, HI



CLUB NEWS

THE WOODS RUNNERS

The Woodsrunners have had a busy though not too fast paced (in more ways than one for some of us!) year. The First Annual Wild Katahdin Trust Snow Run last February 11 started our year off on the right step. For many club members this race was a first and apparently it was a good beginning since there have been Woodsrunners in races all over the state ever since. Watch out in '83! We attempted to share our enthusiasm for running within our community by sponsoring several well attended and exciting Fun Runs. Also of note (BIG NOTE!), both "Nurdle and Duane" qualified for the Boston Marathon! No small feat and we're proud of them. No doubt a contingent of Woodsrunners will be in Boston as an unofficial water stop though for the marathon we don't plan to rinse the towels we pass out in Downy! That's a promise!

Now for the organizational details (of which there aren't many thankfully). Any correspondence to the Woodsrunners is of course welcomed and should be addressed to one of the following officers for 1982-1998:

President: Loren Ritchie
Vice President: Loren Ritchie
Secretary: Loren Ritchie
Treasurer: Loren Ritchie
Publicity Chairman: Loren Ritchie
Refreshment Committee: Loren Ritchie
Program Chairman: Loren Ritchie

Also, recipient of the Woodsrunners First Annual "Sucker of the Year" award goes to (who else?) Loren Ritchie!!!!

Tune in again for the next episode of Nurdle and Duane when the following questions may be answered:

Will Duane gross out Grete at Boston?
Will Nurdle wear Duane's Red Ball racing flats and turn in a sub 2:10?

Carefully and thoughtfully written by a class of elite runners who shall remain nameless for fear of being made to serve on one of those dumb committees.

JOGGERNAUTS

A Review of 1982

1982 was a very good year for the Aroostook Joggnernauts with a membership of nearly 100 members. With members from all areas of Aroostook County, we changed our name from the Caribou Joggnernauts to the Aroostook Joggnernauts to more accurately reflect our expanding membership.

The club sponsored a Team Winter Triathlon (i.e., snowshoe, 2 miles; ski, 7 miles; 5-mile run) and five other road races during the running season. In addition, Joggnernaut members directed/sponsored 13 other races. Two races, the Terry Fox Memorial 5K and the Helen P. Knight 5K, raised money for worthy causes. The club encouraged race directors to include a special 12 and under race category to encourage the participation of younger runners. The 5K women runner only "Le Femme De Musters" race was sponsored for the second year. The club sponsored a summer and a fall picnic, plus the annual end-of-the-season awards potluck dinner. Meetings were held monthly, with a wide variety of speakers of interest to running. A monthly newsletter was also quite successful in keeping members posted about club activities, race results, and upcoming events. A special 5K benefit run was held to help the three young members, Paul Plissey, Emily Higgins, and David Mangus, raise funds to attend the AAU National Cross-Country Championship in Bonner Springs, Kansas. It was a prediction race, with John Lisnik exactly predicting his time. Bob Duprey only missed by one second.

The Joggnernauts sponsor three awards programs, Runners-of-the-Year, worker awards, and mileage awards.

Worker Awards: Persons who help sponsor/work at the various road races in the County earn points toward special awards. This year's awards included T-shirts, sweatshirts, jackets, running bags, and rain parkas.

Mileage Awards: Any member can receive a mileage plaque as long as he or she keeps a record of the miles run, jogged, biked, swam, skied, or walked during the

year from October 1st through September 30th. Conrad Walton had the most miles this year, with 2,660. Other top mileage plaques went to Sam Hamilton, 2,057; Bob Duprey, 2,015; David Mangus, 1,937; and top woman runner, Nancy Jackson, with 1,674 miles.

Runner-of-the-Year: The Sam Ouellet Trophy, named in honor of the 78-year-old Aroostook running legend, is presented to the individual who contributes the most to Aroostook road racing during the year. The winner for the second year in a row was Conrad Walton.

Winners in the various age categories were:

12 and under - Patrick Maxcy

Junior Men's - David Mangus

Junior Women's - Emily Higgins

Men's Open - Jeff Keaton

Women's Open - Katie Martin

Men's Jr. Masters - Rick Shelton

Women's Jr. Masters - Carol McElwee

Men's Masters - David Rand

Senior Masters - Sam Hamilton

Each winner received a specially engraved plaque from the club.

Through a special arrangement, club members were able to purchase Sub 4 running gear at half price. Those Gore Tex suits sure help make running bearable in the Aroostook cold.

1983 Club Officers

President

Larry Mangus
Box 373, Crouseville, ME 04738

Vice President

Carol McElwee
54 Pioneer Ave., Caribou, ME 04736

Secretary/Treasurer

Lee Guerrette
Van Buren Rd., Caribou, ME 04736

Membership Chairperson

Nancy Jackson
12 Glendale Rd., Caribou, ME 04736

The Aroostook Joggnernauts wish all runners much success in 1983.



DOWNEAST STRIDERS

Come meet some people in love with the restaurant business.

**"Run on over to Ben's"
We've got something
special for you!**

FEBRUARY

1-2	Randy Hawkes & the Overtones
3-5	Guitar Junior
6-7	Blues Over Easy
8-9	Jim Femino Band
10-12	King B's
13-14	Blue Shadow
15-16	Colwell Brothers
17-19	Eddie Clearwater
20-21	Dr. Hicklick's Cucumber Band
22	Double Take
23-24	Searsmont Street Band
25-26	Motive
27-28	Big 16

 BENJAMIN'S 

123 FRANKLIN STREET, BANGOR, MAINE 04401

6 January 1983

Dear Bob, and the Maine Running Magazine staff:

My name is Michael Mendonca and I have been stationed at Loring AFB for nearly three years. The base now has a running club called the "Moose Chasers", and it has been growing steadily, gaining local recognition. You may have met one member named Marlin Conrad who is currently my Vice President. During this past summer a group of us have participated in many races including, Paul Bunyan and Casco Bay Marathons and four of us in Benjamin's 10,-000 Meter Road Race. We are serious runners with respectable abilities and wish to have our club included in your club listings. The club is a year and half old and it looks as though its existence will continue.

The Moose Chasers has already taken an active role in throwing local races, "Life Be In It" (5 miler) and "Run for the Cookies" (10K), with success. This year we will be throwing two others which we wish you would include in your February Annual listing of Maine Races. They are:

"The Subluxation Shuffle", 10K, May 14th, 4:00PM (tentative time), Caribou Country Club Golf Course, Awards-"The Runner" poem plaques, fee-\$5, contact Marlin Conrad, 11 Gross Dr. Loring AFB., ME 04751, ph. 328-7018.

"Run for the Cookies", 10K, June 25th, 9:00AM, (tentative date & time), East Loring Park Loring AFB, Awards-ribbons & cookies, fee-\$3, contact Michael Mendonca, 263 Bolling Ct. Loring AFB., ME 04751, ph. 328-9244.

We the members of the Moose Chasers appreciate your recognition of our club and listing our races. Several of us will be subscribing to your magazine soon.

Sincerely,

Michael R. Mendonca

Michael Mendonca

President, Moose Chasers Running Club

Maine Track Club

The MTC annual awards banquet was held at Verrillo's, Exit 8, Maine Turnpike on December 11th, preceded by a social hour and a fantastic Italian Smorgasbord with all you could eat and the service was excellent.

The awards were as follows:

Maine Runner of the Year - Carlton Mendell
Pee Wee Runner of the Year - David Manthorne
High School Runner of the Year - Jeff Pomroy
Outstanding High School Runners - Chris Kein and Lisa Wakem
Most Improved High School Runner - David Rohde
John Fyalka Scholarship \$200 to the college of her choice - Virginia Connors
Maine Track Club Runner of the Year - Russ Connors and Kim Beaulieu
Most Improved - open - Bob Quentin and Laurie Munson
Most Improved 30-39 - John Conley and Ellie Rohde
Most Improved 40-49 - Harvey Rohde and Joan Welch
Outstanding Performers - John Keller and Greg Parlin
John Fyalka Award for Outstanding Contribution to Running - Charlie Scribner
Trophy of the Year - Ted Cunningham
Award to Frank Noiles, a Portland Policeman, for support of Portland area road races
A contribution from MTC to Portland Police Athletic League for the assistance of
Portland Police Dept. at Portland Road Races.
Outstanding Contribution to the Club - Jean Thomas and Sandy Utterstrom
Outstanding Club participation - Marian Leschey and Grace Amoroso
Bouquet of flowers for outstanding support of husbands - Barbara Coughlin and
Norma Scribner
Plaques to all club Casco Bay Marathon finishers, furnished and presented by
Bernie Chapman of Bernie's Fashions - Greg Parlin, Werner Pobatschnig, Dick
McFaul, Bob Coughlin, Russ Connors, Kim Beaulieu, Barry Howgate, George
Prescott, Bob Payne, Ken Curtis, Bob Quentin, Larry Barker, Doug Moreshead,
Scott Strout, Alan Leathers, Randy Talbot, John Conley, Dave Trussell, Arthur
Chapman, Steve Woodsum, Lucy Fortin, Barb Coughlin, Harvey Rohde, Dick Man-
thorne, Warren Wilson, Jane Dolley, Dave Conley, Lloyd Cook, and Al Mack
Awards to all club race directors - Dennis Smith, Arnie Clark, John Keller,
Dave Paul, Bob Coughlin, Dave Silverbrand, Harvey Rohde, Kim Beaulieu,
Barry Howgate, Brian Gillespie, Mike Towle, John Conley, Frank Morong,
Merl Hartford, Bob Payne
Awards to the following for putting on a spaghetti supper prior to the Boston
Marathon and Portland Boys' Club Race - Russ & Joan Connors, Mike & Betty Worden
MTC sponsored and honored aged 10 and under boys' team, which brought home a
Silver Medal at the AAU/Jr. Olympic National Cross Country Championship at
Bonner Springs, Ka - David Manthorne, 6th; Scott Loomis, 14th; Bobby Martin,
26th; Andrew Karsch, 41st; Danny Lambert, 49th; David Wakem, 50th; and Jon
Karsch, 79th out of 120 finishers and largest field ever at an AAU event
Awards to last year's officers - Bob Coughlin, Pres; Marian Leschey, Vice Pres;
Grace Amoroso, Sec; and Dick Manthorne, Treas.

New Officers for 1983

Dick McFaul - President
John Conley - Vice President
Dave Trussell - Secretary
Barry Howgate - Treasurer



Respectfully submitted,
Herb Strom
Cape Elizabeth



The 1st annual Pen Bay Pacers banquet is to be held on January 29th at the Binnacle restaurant in Camden.

A fun evening is being planned. Following a full dinner, entertainment awards will be given to many of our members. Presentations for the "Loyal Spouse Award", the "Lame Duck Award", and the "Step by Step" award, are just a few being planned.

Many photos of this year's Pen Bay Pacer's Classic will be on display as well as photos of all the Pacers who ran in the Casco Bay Marathon.

It's sure to be an enjoyable event for all that attend.

Vern Demmons

Some Road Ramblers did very well on the roads this fall including Greg Nelson who turned in a fine 2:50:21 for 121st place in the Foxtrotter's Marathon in Foxboro, Mass.

Ken Newsome ran a 2:57:28 at the Space Coast Marathon in Melbourne, Fla. on Nov 28th. The temperature was over 80° and Ken faced headwinds of 10-20 mph. The winning time was 2:40:47! Ken ran 9 marathons in 1982.

Maine Road Ramblers

The Road Ramblers held their annual meeting at Run For Your Life in Manchester. Greg Nelson informs me that the following took place on that January 22nd evening:

New Officers

Kevin Purcell - President
John Schwerdel - Vice President
Marty Weiss - Treasurer
Barbara Godfrey - Secretary
Greg Nelson - Chairman, Race Committee

Road Rambler of the Year - J. Frank Glynn
Male Runner of the Year - Steve Russell
Female Runner of the Year - Joanie Rhoda
Most Improved Runner - Bob Jolicoeur
Rookie of the Year - Rick Lane (2:43 Casco Bay)
Most miles - Ken Newsome, 5,061
Most Races - Bob Jolicoeur, 30
Dedicated Rambler - Marty Weiss
Comeback of the Year - Bob Boyington (nearly died of hepatitis in April to PR at Ben's 10)
Club contribution - Greg Nelson, Russ Martin and Gayle Schade

Maine Road Rambler's Awards
Most Improvement - William Tozier
Achievement - Jeannie Lewis

MARATHON SPORTS RUNNING CLUB

Marathon Sports Running Club started out 1983 on the right foot by sponsoring a race directors clinic in Biddeford on January 23rd at which time Dick Roberge outlined a plan for a Coalition of Maine Race Directors. Representatives of the Pen Bay Pacers, Downeast Striders, Maine Track Club, Maine Road Ramblers and Wells Recreation Committee were present as well as Tom Welch of the Portland Press Herald.

The coalition was presented as a clearinghouse of information as well as a regulatory body that would attempt to standardize the quality of Maine road racing. Those present were quite enthusiastic about the approach and a second meeting is being planned in conjunction with the Boston Primer at Maranacook Community School in Readfield for March 27th. I would urge all interested race directors in the state to attend this meeting. This is the first state

race directors meeting held since Phidippides sponsored the last one at Husson College on February 24, 1979. An awful lot has happened since then. There are at least three times as many races in the state now than there was then, and it's time the directors united in an effort to show the rest of the world just how good Maine road racing can be. Contact Steve Mooney, 54 Scammon St., Saco 04072 for more details.



COALITION OF MAINE RACE DIRECTORS



ANDROSCOGGIN RUNNING CLUB

The Androscoggin Harriers elected new officers at their annual meeting at Marco's Restaurant in Lewiston.

Ronald Jacques - President
Daniel Campbell - Vice President
Roger Foster - Treasurer
Tom Swan - Newsletter Editor
Kim Wettlaufer - Program Chairman
Daniel Campbell - Race Chairman
Ronald Newbury - Activities Chairman



The Downeast Striders are still being directed by the board of directors: Mike Gaige, Norj Ahrens, Joan and Larry Allen, Gary Coyne, Bob Booker. Activities for 1983 include directing 5 races and lending technical assistance to the Bangor JC's with the Bunyan. Our races this year include: The Great Downeast Maine Marathon and Half Marathon (replaces the Iceberg Marathon on an all new course. See flyer), The Great Cranberry 5K, The Greater Bangor Fourth of July 3K, the Bangor Labor Day 5 Miler, and of course our favorite, the Benjamin's 10,000 Meter Road Race.

National Running Data Center

Race Results Needed by the NRDC

To carry on its activities of keeping the official national records, age records, national rankings, race participation statistics, and many other forms of data, the NRDC needs to obtain complete race results. Specifically, the race results needed are:

1. Results of all US non-track races 5 kilometers and longer.
2. Results of all US track races longer than 10 kilometers.
3. Results of significant foreign races, particularly ones with US citizens involved.

Non-track races may be held on paved, gravel, or dirt roads, trails, or cross-country such as on golf courses or in parks. Results of cross-country races limited to school runners are not needed. Complete results are desired for all races, but it is particularly important that the NRDC receive complete results of all races on certified courses and tracks. Complete results consist of the following for every finisher:

1. Time
2. Name, complete as used by the runner in registering for the race
3. Age
4. Sex
5. Home town
6. Home state
7. Indication of citizenship, if not US
8. Indication of wheelchair racers and other non-runners
9. Dates of birth, at least for those runners who may have established age records

For the race itself, the following is needed: (1) Name of race, (2) Date, (3) Location -- town, or nearest town, and state.

This information should be provided in a clear and readable manner. The exact format is at the convenience of the race director. The most useful form has men and women listed in separate groups, in order of time, with the information typed in columnar form.

To substantiate marks that would qualify for records and inclusion in rankings, the following information must be supplied to the NRDC.

1. a copy of the letter from the National Standards Committee (Ted Corbitt, chairman) approving the course as certified.
2. a signed statement attesting that the race was run on the course as it was certified.
3. complete race results listing official times to the accuracy that times were recorded (not rounded to nearest second if tenths were recorded). Complete race results consist of names, ages, sex, hometown, home state, and time for every official finisher for which such information was gathered and recorded.
4. a description of the finish procedures used to match runners and times and to verify that the assigned times are properly matched to each runner.
5. a description of the procedures used to verify performances, to insure against cheating. This would include course monitors, pull tags at start, recording numbers at check-points and turnaround points, videotaping, and careful control of entry information.

Similar information is desired for races on uncertified courses, but if that degree of detail is not available, a minimum of the following should be sent: (1) Name of race, (2) Date of race, (3) Location, (4) Distance, and (5) Number of finishers.

Single-age records for both men and women, age-group records, and US open records are listed in the NRDC book "Running Records by Age". All-time and annual rankings are in the book "U.S. Distance Rankings", which shows the top 100 men and top 50 women as well as up to 10 in each age group. The book "In-Depth Masters Road Rankings" lists and ranks the top 50 men and women, 100 in the marathon, in each age group for the most popular road events. These books may be obtained from NRDC, Box 42888, Tucson, AZ 85733.

If race results do not list all finishers, some runners may not get credit for age records or be included in the rankings. If ages are not reported, runners cannot be considered for age records or inclusion in their proper age group in the rankings. If sex is not reported, women may be included in the men's statistics, and not get proper credit for their marks. If home town and state is not reported, runners with similar names may not be properly identified. If no results of a race are received at all, none of the runners can get credit for their marks, and the race cannot be a part of the US participation data.

Race results should be sent promptly to the NRDC, Box 42888, Tucson, AZ 85733.



'THE PACK'

AROOSTOOK JOGGERNAUTS AAU BENEFIT RUN Caribou December

1.	Dan Bondeson	18:03
2.	Paul Libby	18:13
3.	Dave Rand	19:21
4.	Harry Taylor	20:18
5.	John Lisnik	21:00
6.	Perrin Peterson	21:02
7.	Ben Maxcy	21:05
8.	Bob Duprey	21:08
9.	Conrad Walton	21:10
10.	Dave Maxcy	21:53
11.	Larry Mangus	22:49
12.	Pat Maxcy	22:55
13.	Edward Ouellet	23:11
14.	Bill Croninger	23:37
15.	Mark Freeman	24:05
16.	George Higgins	24:46
17.	Bill Davidshofer	24:51
18.	Eddie St. John	25:05
19.	Aurele Ouellet	25:40
20.	Ralph McElwain	25:42
21.	Mike Mangus	30:16
22.	Milton Bailey	30:48
23.	Sam Ouellet	24:11
24.	Jean Miller	34:54
25.	Ed Plissey	41:54

Paul Plissey Emiley Higgins and
Dave Mangus went to Bonner Springs,
Kansas to the AAU/Jr. Olympic X-C
Championships

Results courtesy of Larry Mangus

* * * * *

VILLAGE CAFE 10K

So. Portland

Jan 2

1.	Paul Hammond (record)	31:29
2.	John Keller	32:58
3.	Stuart Hogan	33:23
4.	George Towle	33:42
5.	Brian Flanders	34:01

6.	Rock Green	34:42
7.	Jerry Crommett	35:09
8.	Kevin McDonald	35:24
9.	Gary Cochrane	35:57
10.	A. Reilly	36:17
11.	Jim Toulouse	36:26
12.	Peter Keegan	36:32
13.	Joel Croteau	36:34
14.	John Long	36:38
15.	Bob Coughlin	36:42
16.	Dave Smith	36:56
17.	Bill Fenderson	36:57
18.	Arnold Amoroso	37:00
19.	Greg Douglas	37:11
20.	Kurt Neilsen	37:24
21.	Wes Douglas	37:44
22.	Tom Allen	37:46
23.	Peter Bastow	37:52
24.	Jeff Huntress	38:17
25.	Roger Zimmerman	38:17
26.	Robert Payne	38:20
27.	Mark Blythe	38:36
28.	Kim Beaulieu	38:45*
29.	Chuck Radis	38:56
30.	Tom Bradley	39:09
31.	Bob Quentin	39:25
32.	Roger Smith	39:43
33.	Laurie Munson	39:49*
34.	Frank Ferland	39:51
35.	Lester Everett	39:59
36.	Carlton Mendell	40:29
37.	Barry Fifield	40:32
38.	John Edwards	40:42
39.	Michael Beaudoin	40:45
40.	Herb Strom	41:02
41.	Rudy Chapa	41:22
42.	Peter Roper	41:55
43.	Phil Soule	42:19
44.	Arnie Clark	42:51
45.	John Rummel	42:57
46.	Frank Morong	43:06
47.	Dave Trussel	43:25
48.	Dick Sabine	44:32
49.	Warren Wilson	45:05
50.	David Manthorne	45:10
51.	Dick Manthorne	45:12

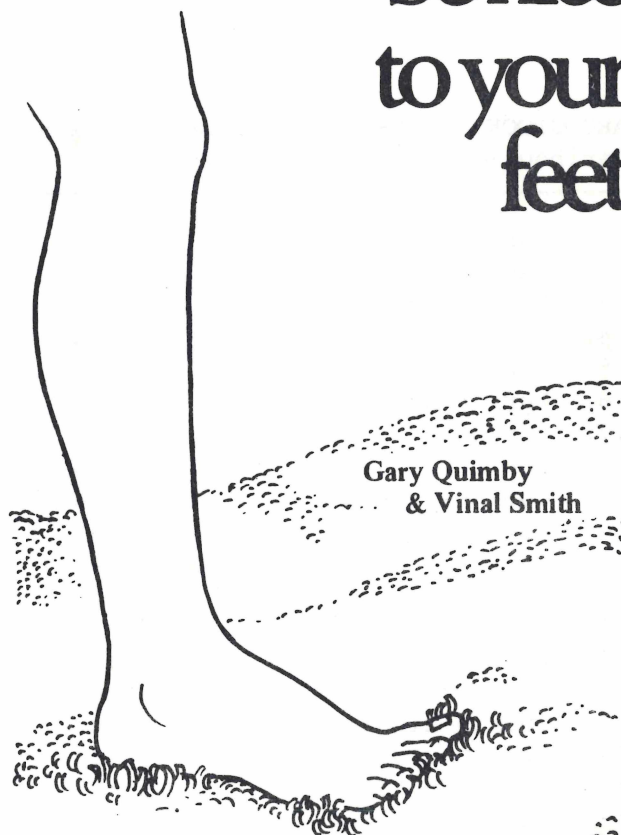
52.	William Leidley	45:24
53.	Andrew Haslam	45:33
54.	Grace Amoroso	45:49*
55.	William Doherty	46:02
56.	Ray Hefflefinger	46:27
57.	Dennis Morrill	46:42
58.	Jeff Walsh	46:56
59.	Bernard Ross	47:04
60.	Grete Cyr	47:42*
61.	Richard LePore	47:57
62.	Dave Conley	48:37
63.	Lisa Haney	49:45*
64.	Michael Reali	49:48
65.	John Reali	49:48
66.	Bob Cushman	49:49
67.	Denise Harlow	49:49*
68.	Terry Naylor	49:52
69.	Lou Lambert	49:58
70.	Lynne Zimmerman	50:06*
71.	Lois Grocki	50:17*
72.	Phillip Connolly	50:39
73.	Betty LaGasse	51:16*
74.	Bill Trefethen	51:31
75.	Jean Thomas	52:01
76.	Al Utterstrom	52:40
77.	James Carroll	52:49
78.	Frank Setter	53:43
79.	Paula LePore	53:52*
80.	Sandy Utterstrom	54:10*
81.	Peter O'Donnell	54:22
82.	Cush Hawward	54:39
83.	Jerry Davis	55:38
84.	Jr. Lezette	60:35
85.	Brenda Cushman	63:31*

Mild day with temps in the 40's.

Results courtesy of Dennis Smith
Race Director



we don't sell shoes
but we can
be nice
to your
feet

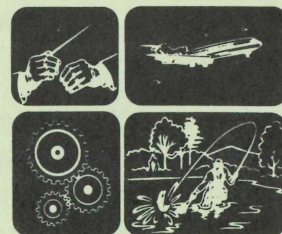


COMPLETE LINE OF FLOORING

28 Harlow Street Bangor, Maine 04401
207-942-3926

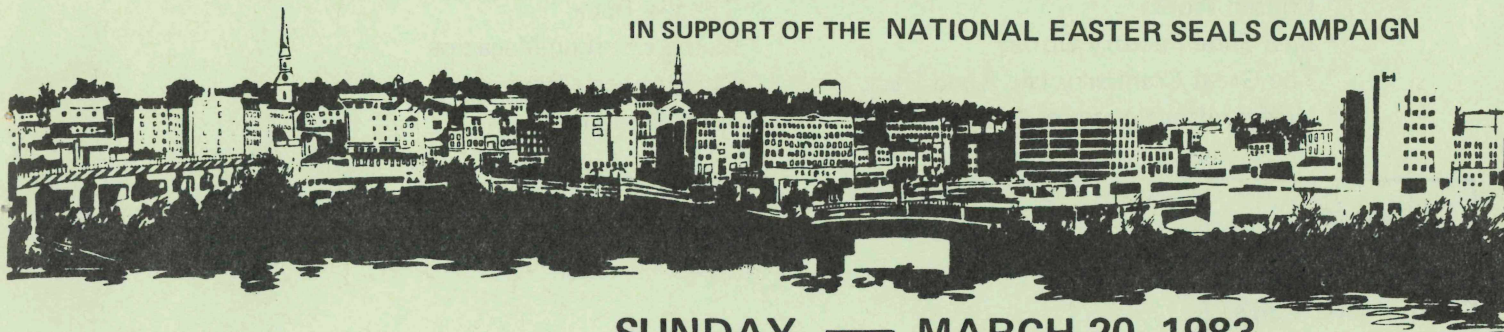
RAMADA INN
RAMADA INN

GREATER BANGOR
CHAMBER OF COMMERCE



THE GREAT DOWNEAST MAINE MARATHON AND HALF MARATHON

IN SUPPORT OF THE NATIONAL EASTER SEALS CAMPAIGN



SUNDAY — MARCH 20, 1983

10:30 a.m. — RAMADA INN — BANGOR, MAINE

Course: 26.21875 miles (NRDC/TAC Measured, certification applied for). Boston Marathon 1984 Qualifier. Consists of two loops through the outskirts of Bangor, Maine. It is flat to rolling with only one major hill. Course maps will be included in confirmation material.

Entry Fee: \$5.00 (Post-registration accepted) Runners may compete in either event without any prior declaration. Registration material and final instruction sheets may be picked up at the Ramada Inn Saturday, March 19 from 4 - 7 p.m. and Sunday, March 20 from 8 - 10 a.m.

Lodging: Rooms are available at the Ramada Inn for \$15.00 per double occupancy. Late checkout 3 p.m.

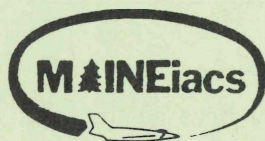
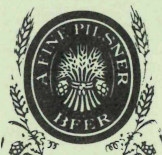
Race Features: Course Control and Medical Aid supplied by the Maine National Guard.
Digital Clock on Lead vehicle and at finish
Chronomix electronic finish
Mile Markers every mile
10 Water Stations
Splits at 1, 5, 10, ½marathon, 15, 20 and 1 mile to go
Post Race Party around indoor heated pool with beer and refreshments
Bicycle Caps for the first 100 entrants
Certificates to all finishers
Sauna, showers and changing facilities available

Team Competition: Teams must enter separately with a maximum of 5 members, 3 scoring.

Awards: Merchandise awards to top finishers in both events plus additional random drawings. Merchandise awards also awarded to top fund raisers for the National Easter Seals Campaign with the top male and female fund raisers winning trips to the Marine Corp Marathon in Washington, D.C. in November 1983. (See attached information sheet for details). Awards Ceremony at 3:00 p.m.



Lite



BEACON
CADILLAC · OLDSMOBILE · JEEP

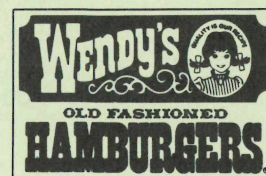
361 GRIFFIN ROAD, BANGOR, MAINE • TEL. 945-9458



PAPA GAMBINO'S

Brewer 989-7244
Papa Gambino's New Deli . . 945-3511
Ohio Street - Bangor . . . 945-5593

OFFSET PRINTING BY
JIFFY PRINT - BANGOR, MAINE



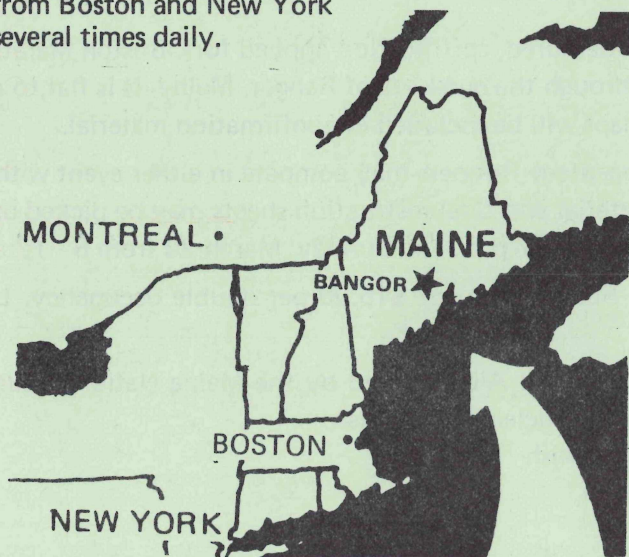
PRIZES HAVE BEEN DONATED BY THE FOLLOWING MERCHANTS:

- * The Ramada Inn of Bangor
- * Goldsmith's Sporting Goods
- * Epstein's
- * Wendy's
- * Nike
- * Spencer's Gifts
- * Chosen Works
- * Bass Shoe Factory Outlet
- * The Great Cranberry Isle Road Race
- * Haffenreffer Beverage Company

- * Maine Automobile Association
- * Maine Times Newspaper
- * Ward Brothers, Inc.
- * Radio Shack
- * Pepino's Mexican Restaurant
- * Maine National Bank
- * The Ski Rack
- * Maine Running Magazine
- * Christopher's Records
- * Papa Gambino's

Mileage to:
Portland — 133
Boston — 210
New York — 383

Airline Service to Bangor
from Boston and New York
several times daily.



Directions to Start: Take the Herman Exit West off from Interstate 95, then right at the traffic light to the Ramada Inn of Bangor.

This entry will not be processed unless you sign your application, include your entry fee and a self-addressed stamped envelope for confirmation.

Detach and mail to: Mickey Lackey
470 Birch Street
Apt. 2
Bangor, Maine 04401

Please make check payable to: The Great Downeast Maine Marathon.

Entires must be mailed by March 14, 1983.

Minimum age 16 to compete in marathon.

PLEASE PRINT

Name _____ Address _____

Age _____ Male/Female (Circle one) Occupation _____

Fastest Previous Marathon: Hour _____ Min _____ Sec _____

I hereby waive and release any and all rights and claims for damages I may have against any sponsors and officials of the Great Downeast Maine Marathon and Half Marathon for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

Your signature

(Parent/Guardian if under age 18)

Requirements: You must be 16 years of age.
You must be an official entrant of the race.
You must successfully complete at least the half marathon.
We must be able to collect at least 80% of your solicited funds.
You must raise at least \$500.00 to be eligible for the Grand Prize.

Consolation Prizes: Any individual raising \$500.00 or more will receive a merchandise award. (Value range \$50 - 200).

[illegible]

[illegible]

FROSTBITE RUN AGAINST MS



P L E A S E
RUN FOR THOSE WHO CANNOT WALK !

Multiple Sclerosis strikes young adults in the prime of life. No one is immune from this devastating disease without a cure. Maine has one of the highest incidents of Multiple Sclerosis in the nation. The Maine Chapter, National Multiple Sclerosis Society serves more than 1,200 patients and their families.

J O I N
IN THIS FROSTBITE RUN !

Date: Saturday, March 12, 1983

Location: Start and finish at Ellsworth High School, off Route 1A.

Time: 10:00 A.M.

Course: 3.5 miles on backroads and Route 1A.

Registration: Fee is \$4.00. Registration begins at 9:00 A.M. T-shirts to first 50 to pre-register. Send registration forms and check to: M.S. Society, P.O. Box 417, Ellsworth, Me. 04605

Facilities: Rest rooms at the high school. Beverage at the finish.

<u>Award Catagories:</u>	<u>Male/Female</u>	Prize to first male and female overall.
	14 and under	
	15 - 19	1st and 2nd prize to each male and
	20 - 29	female finisher in each age group.
	30 - 39	
	40 and over	

ENTRY FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the Frostbite Run.

Name _____ T-shirt size S M L XL

Address _____ City _____ State _____

Signature _____ Age _____

Parent or guardian (if under 18) _____

FLYERS IN MAINE RUNNING

Do you want to reach a great many runners without a great deal of hassle? Why not put your race application in Maine Running Magazine. Here's all you do:

Send me 700 flyers by the 20th of the month prior to the issue you want your flyer to appear in and a check for \$15. (Number of flyers will go up substantially in June, July and August) or...send us one photo ready copy of your flyer and \$50 and we'll print it for ya.

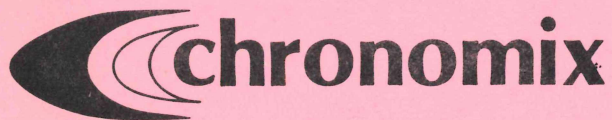
* * *

ATTENTION CAPITALISTS

Do you have a business that profits from physically active people? How about advertising in Maine Running? More than a 1,000 consumers read it each month.

full page \$50 a month; \$500 per year
half page \$30 a month; \$300 per year
¼ page \$17.50 a month; \$175 per year

If you can come up with some kinky variation on the above rates, run them by me. I'm game.



The only way to handle large race fields.

\$50 per race

Let us know well in advance of your event so that we can reserve it for you on that day.

HOW DO I SUBSCRIBE TO MR?

All you need to do is send the bottom part of this page to the address on the title page along with a check for \$15 and we'll send you the mag.

Name _____

Address _____

Zip _____

Make checks payable to Maine Running

WHERE CAN I PICK UP A COPY OF MAINE RUNNING?

Have you woken up in the middle of the night lately asking yourself, "I know where I get my Maine Running each month but where should I tell all the people who ask me where to go to get theirs?"

Rest easy. Help is here at last. You will never have to miss another precious moment of rest, for the answer is here:

BUY MAINE RUNNING AT:

- *OLYMPIA SPORT IN SOUTH PORTLAND
- *THE GOOD SPORTS IN BRUNSWICK
- *THE ATHLETIC ATTIC IN AUBURN
- *PETER WEBBER IN WATERTOWN
- *HASKELL & CORTHELL IN CAMDEN
- *JAMES BAILEY CO. IN PORTLAND
- *ATHLETIC ATTIC IN BANGOR
- *GOLDSMITH'S SPORTING GOODS IN BANGOR
- *HASKELL'S SPORTING GOODS IN BAR HARBOR
- *GOLDSMITH'S SPORTING GOODS IN P.I.
- *WILLEY'S IN ELLSWORTH
- *LIFE SPORTS OF ELLSWORTH
- *NORTHERN LIGHTS IN FARMINGTON
- *GOLDSMITH'S IN ROCKLAND



MAINE Running

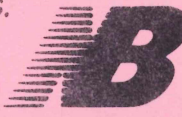
COMING TO THE
ATTIC

A shoe for runners
who are murder on
running shoes.



The New Balance 555 is designed for people who are tough on running shoes, or who do their running in areas that are tough on shoes. With a unique carbon rubber houndstooth outsole and combination-lasted design, it's the most durable running shoe New Balance has ever made.

Available in a variety of widths.

new balance 
555

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FEBRUARY 21 - 26



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